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# WASHINGTON SPARK!

A monthly newsletter  
from the city  
government of  
Washington, Georgia.

Empowering our  
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public information.  
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## Heat Injury Prevention



Now that summer is upon us, precautions must be taken to protect ourselves from the summer heat. Everyone is at risk when temperatures rise above 90°. Heat-related illnesses can cause serious injury and even death if unattended. In fact, extreme summer heat causes more fatalities in the U.S. per year than any other weather-related factor. However, the following preventative measures can help you to avoid heat related injuries.

**For Parents:** Never leave your kids alone in a car, even for a minute. Tragically, dozens of kids die every year because they are left unattended in a hot car during the summer. Be particularly mindful of your kid's play activity, and make sure they do the following as well.

**Drink plenty of fluids.** In hot environments, it is possible for the body to lose one liter of fluids per hour. Thirst is not a good indicator of fluid loss; don't wait until you are thirsty to drink fluids.

**Be aware of your environment.** If you work in the heat or around heat sources, take whatever steps are possible to control the heat externally.

**Take frequent breaks.** As the temperature increases, more frequent breaks are needed to stay cool.

**Wear proper clothing.** Loose, lightweight fabrics encourage heat release.

**Acclimatize.** It takes at least seven to ten days to get used to working in a hot environment.

**Stay in shape.** A healthy heart and good muscle tone work more efficiently and generate less heat.

**Eat light during the workday.** Hot, heavy meals add heat to the body and divert blood flow to aid with digestion. Normal dietary intake typically replaces all salt lost during the day, so there is no need to take salt supplements.

**Be aware of special heat stress risk.** Caffeine, alcohol, diabetes, or medications for high blood pressure and allergies can increase the risk of heat stress.

### Heat Exhaustion

**Symptoms:** Heavy sweating; headaches; dizziness/lightheadedness; weakness; mood changes (irritable or confused/can't think straight); feeling sick to your stomach; vomiting/throwing up; decreased and dark-colored urine; fainting/passing out; pale and clammy skin.

#### Treatment:

- Move the person to a cool, shaded area to rest. Don't leave the person alone. If the person is dizzy or lightheaded, lay them on their back and raise their legs about six to eight inches. If the person is sick to their stomach, lay them on their side.
- Loosen and remove any heavy clothing.
- Have the person drink some cool water (a small cup every fifteen minutes) if they are not feeling sick to the stomach. Also try carbohydrate-electrolyte drinks, such as sports drinks. Other beverages, such as 2% milk and coconut water, have recently been shown to be effective as well.
- Try to cool the person by fanning them. Cool the skin with a cool spray mist of water or wet cloth.
- If they do not feel better in a few minutes, call for emergency help (ambulance or 911). If heat exhaustion is not treated, the illness may advance to heat stroke.

### Heat Stroke – A Medical Emergency

**Symptoms:** Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); mood changes (irritable, confused/not making any sense); seizures/fits; collapse/passed out (no response).

#### Treatment:

- Call for emergency help (ambulance or 911).
- Move the person to a cool shaded area. Don't leave the person alone. Lay them on their back, and if the person is having seizures/fits, remove any object close to them so they won't strike against them. If the person is sick to their stomach, lay them on their side.
- Remove any heavy and outer clothing.
- Have the person drink some cool water (a small cup every fifteen minutes) if they are alert enough to drink anything and not feeling sick to the stomach. Don't force them to drink.
- Try to cool the person by fanning them. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
- If ice is available, place ice packs under the armpits and groin area. If possible, immerse the victim up to the neck in cold water; if that is not possible, place the victim in a cold shower.

### PLEASE ADOPT A NEEDY PET



Maddison, a Shepherd mix, is in need of adoption. She is around 4 years old and is a very loving dog. If interested call the shelter at 706-678-2287



### Calendar:

**August 8<sup>th</sup>:** City Council Work session 5:30 p.m. followed by Regular Meeting at 6:00 p.m. at Pope Conference Center  
**September 5<sup>th</sup>-**Labor Day-City Hall will be closed.